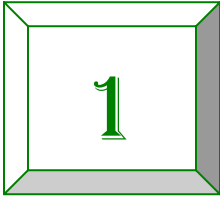


RALEIGH EMERGENCY MANAGEMENT OFFICE
REMO

Disaster Preparedness



GET READY before an event happens



PLANNING AHEAD

Q: Why do something now?

A: The more you do ahead of time, the better you'll be prepared if something happens. Determine how much time you have available. A lot of time, or just a little, decide what's most important first and then do it. Consider various options and what works best for you.



You should do everything possible to assure your safety and that of your family. And doing something will give you and your family the knowledge that you have taken action to protect them. Use your time carefully. Even if time is short, you have time to do something to protect yourself and your family. That's primary in getting through a crisis.

Q: What should I do now?

A: There are three basic steps you should take.

Get Ready before an event happens. Take some basic precautions ahead of time to assure your safety and that of your family.

- Make a kit of emergency supplies.
- Make a plan for what you will do in an emergency.
- Be informed about what might happen.

Listen for vital Information. Find out where to get reliable information. Your radio and television are primary sources of information. Learn what your Emergency Alert System stations are. If something happens, tune in to your station for information on what to do. Remember much of what you do depends where you are in relation to the incident.

Act to protect yourself and your family. When an incident occurs you will be ready to take action. Depending on where you are in relation to the incident, authorities may recommend that you stay where you are or evacuate.

Q: How can I plan now?

A: Review available materials on different kinds of disaster. Whether it's a hurricane, a flood, a tornado or terrorist Incident, much of what you do will be similar. In a specific situation, you will have to be flexible in how you respond because we can't give you all the specifics.

For now, we recommend you put together a **Personal Action Plan**. Keep the Information posted on your refrigerator or some other prominent spot. You'll have it ready when you need it. Also, keep a copy with your disaster kit.



PERSONAL ACTION PLAN



Q: What goes into a Personal Action Plan?

A: A Personal Action Plan includes:

- Your local Emergency Alert System radio or television broadcast station. The stations will have the latest information to guide you.
- Evacuation Centers in your area and how to get to them from home and work. Check with your local emergency management office for details. Typically, they are located in schools or other public buildings.
- Phone numbers out-of-town family or friends, local emergency management office, non-emergency police, doctor, school, work.
- Where to leave your pets. Only seeing-eye dogs and service animals are allowed in most public shelters.



LENGTH OF PREPARATIONS

Q: How long should I prepare for?

A: Prepare to be on your own for several days. In a major disaster, emergency responders will be working around the clock. It's virtually impossible for them to reach everyone right away, so families should prepare to be self-sufficient for at least three days. You may be without power and water for a prolonged period, isolated due to blocked roads and highways and unable to communicate by land lines or cell phones.

Q: What steps should I take now?

A: You should follow practical guidelines that can be used in any disaster, not just weapons of mass destruction (WMD) emergency. Use protective measures endorsed by a reliable source.

Here are some basic things you need to do:

- Assemble a disaster supply kit with at least three days' emergency supplies and keep it in a specified place known to all family members.
- Keep important papers in a safe place.
- Make a contact list of out-of-town relatives or friends with telephone numbers and e-mail addresses. Arrange for someone from outside your area to be your family's emergency contact.
- Make a list of the things you need to take, if told to evacuate.
- Choose a family meeting place away from your home.

DISASTER SUPPLY KIT



Q: What goes into a disaster kit?

A: Gather a disaster kit. It could take several days before authorities can reach your area. You should round up enough food, water and clothing to last you three days. You may have many items already on hand. If you have a disaster kit ready, you're that much ahead of the game.

Include a copy of your Personal Action Plan. Be sure to have a list of telephone numbers. You may need to contact friends or family. If you have time, contact family or friends in another area. Should you need to evacuate, you will have a better idea of where to go.

Q: What goes into a disaster supply kit?

A: Having essential supplies on hand will make you and your family more comfortable in the event of a disaster. Put together a three-day supply of the following items In an easy-to-carry container:

- Food that does not require preparation like canned meat, vegetables and fruit
- Manual can opener
- At least three gallons of bottled water per family member
- Battery-operated radio
- Flashlights
- Extra batteries
- First aid kit
- Prescription medications or pet supplies
- Duct tape and plastic sheeting

EMERGENCY ALERT SYSTEM BROADCASTS



Q: What is the Emergency Alert System (EAS)?

A: The Emergency Alert System enables the president to address the American people directly in the event of a national emergency. The system gives the president access to thousands of broadcast stations, cable systems and participating satellite programmers to transmit a message to the public.

The EAS and its predecessor, the Emergency Broadcast System (EBS), have never been activated for this purpose. For the past 40 years, however, state and local emergency announcements have been transmitted through the system.

Your local Emergency Alert System (EAS) radio or television station will be a primary source of information and Instructions. You will receive specific instructions on what to do in your area.

Q: How do I find my EAS station?

A: Tune in to a radio or television station where you normally get your news. Make a note of your stations on your Personal Action Plan. If you have cable television, note which cable channel you should access.

Q: How will I find out about an emergency situation such as an attack late at night?

A: For specific threats to Raleigh citizens, the Emergency Alert System (**EAS**) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio would be used to quickly transmit these notices to affected areas. NOAA weather radios are especially effective because they have an automatic alert feature so you don't have to be tuned in to radio or television stations to receive the notice. Some models can even be programmed for your specific area. These radios are relatively Inexpensive and can be purchased at electronics stores across the country.

PUBLIC SHELTER



Q: How do I find out the location of the nearest public shelter?

A: Localities throughout North Carolina have emergency plans that include emergency shelters for various types of disasters including floods, hurricanes and terrorist Incidents. Usually, large public buildings such as schools or community centers are picked because they offer the greatest level of public safety and will provide shelter, food and clothing for those who need assistance.

Contact your local emergency management office to be sure of the location. That number is listed in your local telephone directory: Make sure you know how to get to the nearest public shelter from home or work. Note the location and directions in your Personal Action Plan.

Note that public shelters will not allow you to bring in pets, except for service animals and Seeing Eye dogs.

SPECIAL NEEDS

Q: How do I arrange for special assistance for a disabled person?

A: Make arrangements for special assistance in advance of any emergency situation. If someone including you has any physical limitations, requires special assistance or has transportation needs, please register annually with your local emergency management office. Check your phone book for your local emergency management office. The information will be kept confidential.

Q: What should I do about my pets?

A: Public shelters generally prohibit pets except for Seeing Eye dogs and service animals. You should make arrangements to board your pets with someone away from the area or keep your pets inside with a three-day supply of food and water.

SHELTER IN PLACE



Q: What is “sheltering-in-place?”

A: In many cases, you may be better off staying where you are than evacuating to another location. If you are not in imminent danger from the event or its consequences, you should probably stay in your current location. However, you will need to listen to your Emergency Alert System ([EAS](#)) radio station to receive directions and guidance. Pay close attention for instructions regarding your immediate area.

Authorities may call for a “phased evacuation,” moving those at greatest risk of injury or loss of life to safety first. In highly-populated areas, highways are congested under normal conditions. In an emergency, a large number of people trying to leave an area at once could mean lengthy gridlock. Being stuck in traffic while danger still threatens may put your safety at greater risk than staying in your home or in another substantial structure.

ANTIDOTES



Q: Are antidotes available for bio-chemical attacks?

A: Drugs are available to counter the effects of many agents, but you would need to gather the necessary equipment or medications beforehand. There are things you can do to counter the effects of a bio-chemical attacks if you have the necessary equipment or medications handy.

Available antidotes include atropine for nerve agent exposure, potassium iodide (KI) where radioactive iodine is present and various antibiotics for anthrax exposure.

It is important to understand that these medications can do more harm than good if not taken properly and self-dosing is not recommended. In the event of a biological attack, individuals should have time to seek medical care.

Q: How much time do I have in a chemical attack?

A: Chemical agents often work much faster than biological agents. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from, if possible. If you are outdoors, you need to consider whether you can get out of the area or if it would be better to go inside a building and shelter in place.

If you are inside a building in which you suspect a chemical release, you will need to either get out of the building without passing through the contaminated area or move as far away from the suspected location of the release and follow your plan to shelter in place.



GAS MASK USE

Q: What about biological agents?

A: A common face mask the N95 dust mask will provide protection against such agents as anthrax. These masks are inexpensive and readily available at hardware stores.

TRIAGE



Q: What is triage?

A: In a disaster, triage means separating victims into three basic categories for treatment:

- Those who can wait for medical treatment because their injuries are not life threatening.
- Those who need immediate medical treatment and have a good chance of survival.
- Those whose injuries are so severe that they have little chance of survival.

Triage emphasizes putting resources where they will do the most good. With modern medical technology and techniques, first responders have a greater chance of saving lives than in the past.

VOLUNTEERISM

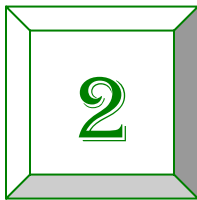
Q: I would like to help the community prepare. What opportunities are there?

A: There are many ways you can help your community. You can help strengthen your neighborhood, state and nation through volunteerism and service.

Volunteering to support your first responders during this busy time is one good way to help your community. Another way to help is to learn new skills that can help you and your family be prepared for all types of disasters.

To find volunteer and preparedness opportunities in your locality visit your local Emergency Management Agency.

***LISTEN* for vital information**



Information sources

Q: When disaster strikes what's a good source of information?

A: When disaster strikes, it is important that you tune to your local Emergency Alert System radio or television station for current emergency information. Current information will carry specific recommendations tailored to the event that is happening.

Listen carefully. An event can affect you very differently depending on where you are. In some cases you're better off staying where you are, or you may have to move. Make particular note of whether authorities recommend you stay where you are (shelter-in-place) or evacuate.

THREAT CODES



Q: What do Code Yellow, Code Orange and Code Red alerts mean?

A: The U.S. Department of Homeland Security's color-coded Homeland Security Advisory System categorizes credible threats at five levels ranging from green (low) to red (high). The higher the threat condition, the greater the risk of a terrorist attack. Risk includes both the probability of an attack occurring and its potential gravity. Citizens often want to know what they should do at each threat level.

Q: What do the codes mean specifically?

A: Here is a summary of what the codes mean, going from green to blue to yellow to orange to red.

CODE GREEN:

Low risk of terrorism. Routine security is implemented to preclude routine criminal threats.

CODE BLUE:

General risk with no credible threats to specific targets.

CODE YELLOW:

Elevated risk of terrorist attack but a specific region of the USA or target has not been identified.

CODE ORANGE:

Credible intelligence indicates that there is a high risk of a local terrorist attack but a specific target has not been identified. .

CODE RED:

A terrorist attack has occurred or credible and corroborated intelligence indicates that one is imminent. Normally, this threat condition is declared for a specific location or critical facility.

SHELTER IN PLACE**Q: What do I do if I'm told to shelter-in-place?**

A: If you are in a substantial building, stay where you are.

- Focus on what you need to do to protect yourself and your family.
- Stay tuned to an Emergency Alert System (**EAS**) radio or television station for additional information.
- Stay indoors and close all windows, doors, vents and fireplace dampers.
- Turn off all devices that draw in outside air, such as air conditioners, heat pumps and fans.
- Do not use the telephone unless it is absolutely necessary. Phone lines should be used for emergency communication only.

DUCT TAPE AND PLASTIC**Q: Should I seal up a room with duct tape and plastic sheeting?**

A: Seal up a room only if you are advised to do so. Authorities may ask you to tape and seal an interior room with duct tape and plastic during a chemical attack. Readyng a safe room assures your family that you have taken positive protective measures. Sealing a room is a temporary measure. Staying in a sealed room too long is dangerous. Be aware that you will run out of oxygen if you stay too long.

Q: How do I use duct tape and plastic sheeting?

A: Duct tape and plastic sheeting should normally be a part of a disaster supply kit. In a chemical attack, authorities may recommend you go to a room in the center of your home away from outside doors and windows. You will need to seal the room completely, including doors and windows. Seal all the cracks and openings in the walls, floors, and ceilings, light fixtures, fans, plumbing, electrical outlets, door handles and even locks. Shut down all air-handling units. Be careful. Seal the room as tightly as you can to prevent even small quantities of the chemical from seeping through. Be sure to get out before the oxygen is used up.

EVACUATION



Q: What do I do if I'm told to evacuate?

A: Your first priority is to focus on what you need to do to protect yourself and your family. Here are some other things to do:

- Plan to be away from home for at least three days.
- Determine your evacuation route to your designated evacuation center.
- Stay tuned to your Emergency Alert System (EAS) radio or television station for further instructions.

STATE OF EMERGENCY



Q: What does a state of emergency mean?

A: A state of emergency declaration authorizes the governor to speed state agency assistance and resources to localities following a manmade or natural disaster.

In North Carolina, declarations may cover hurricanes, floods, tornadoes, winter storms or a terrorist incident.

In general, the governor issues a declaration when the emergency exceeds the ability of the locality to respond effectively. In turn, when a disaster exceeds the State's resources, it seeks federal assistance through the Department of Homeland Security.

Q: When does the governor act?

A: The governor declares a state of emergency when he believes a disaster has occurred or may be imminent. The situation has to be severe enough to require state aid to supplement local resources in preventing or alleviating damages, loss, hardship or suffering.

Q: What happens after the governor declares an emergency?

A: Acting on behalf of the governor, the North Carolina Department of Emergency Management uses the resources and assets of appropriate state agencies to provide immediate assistance. Typically, State Police, the National Guard and the NC Department of Transportation are called in. Other agencies may include the department of Health, Agriculture, Corrections and Environmental Quality.

Q: What guides government agencies under a declaration?

A: After the governor issues the declaration, EM puts its Emergency Operations Plan into effect. It may activate the state Emergency Operations Center to full 24-hour staffing to coordinate and direct state response and recovery resources.

The declaration also streamlines purchasing and procurement requirements to speed aid and resources to needed areas. Covered may be costs for rescue, evacuation, shelter, heating fuel, food and clothing. Resources also are available to quell disturbances.

Q: Does an employer have to pay employees who cannot get to work during a state of emergency?

A: Each place of employment sets policy on work hours and compensation during an emergency. Under certain circumstances, employees unable to get to work during a prolonged disaster may be eligible for unemployment assistance.

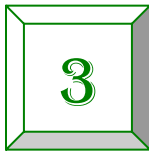
Q: Does a declaration of emergency bar the sale of alcoholic beverages?

A: Localities may impose restrictions on the purchase of alcoholic beverages under their local emergency declaration.

Q: What role do private and faith-based organizations play?

A: The NC Department of Emergency Management calls on private agencies such as the American Red Cross, the Salvation Army, and the Voluntary Organizations Active In Disaster network to fulfill critical missions. Many faith-based organizations participate in the network. Amateur radio groups can provide backup emergency communications. The Civil Air Patrol may assist in search and rescue missions.

ACT to protect yourself and your family



Action choices

Q: -After an incident, what should I do?

A: One of the most important first steps is to tune in an Emergency Alert System radio or television station. Listen for information on how the incident will affect you and what you should do to protect yourself and your family.



Q: After an incident occurs what should I do?

A: Listen, think and act. Use a commonsense approach toward a possible attack.

- Use only protective measures endorsed by a reliable source.
- Follow practical guidelines that can be used in any disaster, not just weapons of mass destruction (WMD) emergency.
- Locate your disaster kit: a three-day supply of water, food, clothing, medication and bedding, tools, emergency supplies and a first aid kit. You may already have most of these items in your household or workplace.
- Check your Personal Action Plan for emergency phone numbers and other things you'll need.
- If you must leave for a safer area, think out how you'll get there.

Q: What am I likely to be told to do?

A: If you are in a disaster area, two basic options will be to shelter-in-place or evacuate.

- **Shelter-in-place** means you should stay where you are inside a substantial building. You should stay there until it is safe to leave. By staying inside, you reduce the exposure to radioactive, chemical or biological agents. Going outside may expose you to danger or you could become a victim yourself.

- **Evacuate** to a safer location. Follow the recommended evacuation routes broadcast on your local radio or television station.
- In either case, you should be prepared to be on your own for at least three days. What you do may depend on where you are in relation to the incident.

Q: What should I do if a stay where I am?

A: Tune to your Emergency Alert System (EAS) radio or television station for recommendations on how best to protect yourself and your family. Determine the safest point in your house and move yourself and family there. If the area is contaminated, authorities may ask you to tape and seal an interior room with duct tape and plastic. Sealing a room is a temporary measure. Stay no longer than necessary.

Q: What if I'm outdoors? .

A: Get to the nearest substantial shelter given the amount of time available.

CHILDREN IN SCHOOL



Q: My children are in school. How can I check to see if they are okay?

A: In the event of an emergency, officials will advise schools on recommended actions. Your Emergency Alert System radio or television station will have information about schools and whether children have been taken to another location. Students will not be sent home or released without a parent or guardian. For more information about school evacuation policies, please contact your local emergency management office.

WHAT TO TAKE WITH YOU

Q: What should I take with me?

A: If you have prepared a Personal Action Plan, use it now for guidance on things you specifically need to bring with you. In general, here are some things you should have:

- Prescription medications and any other medication or supplies you require (enough for at least three days)
- Proper photo identification such as a driver's license, visa or passport
- Cash, checkbook, credit cards and important documents
- Baby supplies (formula, diapers)
- Clothing
- Personal hygiene items and toiletries (toothpaste, toothbrush, etc.)
- Blankets, pillows
- Portable radio, flashlight, batteries

LOCK UP YOUR HOME



Q: What should I do as I leave home?

A: Unless your home is destroyed, you should plan on returning to it after the emergency is over. Before you leave, close up and

lock your home up as best you can in the time available. Here are some specifics:

- Turn off or close all devices that draw in outside air, such as air conditioners, heat pumps, fans and fireplace dampers.
- Turn off all lights and electrical appliances (except refrigerator! freezer).
- Take pets with you only if you have a pre-arranged place to keep them such as a friend's house or kennel outside the evacuation area. If not, secure pets indoors with at least a three-day supply of food and water.
- Close and lock all windows and doors.
- Pay close attention to broadcast instructions on where you should go.

TRAVEL TO CENTER



Q: What should I do as I travel to the evacuation center?

A: You may face heavy traffic and lengthy delays on your trip to an evacuation

center. Here are some steps you should take:

- If there has been a chemical Incident, close all windows and air vents in your vehicle and shut off your vehicle air conditioner or heater.
 - Adhere to the posted speed limits on the roadways.
- Local law enforcement and traffic control personnel may be stationed to direct you to the nearest available evacuation center.
 - Follow directions by police officers stationed along the evacuation route.

CONTACTING FAMILY MEMBERS IN ARMED FORCES



Q: How can I send a message to a member of my family serving in the armed forces?

A: As troops deploy and enter combat around the world, your local Red Cross Chapter can assist families in exchanging messages with military personnel under its Armed Forces Emergency Services program. The program can also help with emergency financial assistance, confidential counseling, veteran's services and

information and referral services. You can find the number for your area's Red Cross chapter in the local telephone directory.

MISSING FAMILY MEMBER

Q: I have been unable to contact a family member who may be in the impact area. Is there somebody we can call?

A: After a disaster, the American Red Cross operates a Disaster Welfare Inquiry hotline. This hotline provides information to try to reunite loved ones. That phone number is (866) 438-4636.

TALKING TO CHILDREN

Q: What should I tell the children?

A: Assure your children that you are doing everything possible to make sure they are safe from

danger. Also tell them that their teachers will look after them while they are in school. Tell them that they should do the things they normally do.

ADDITIONAL RESOURCES

Q: Where can I get some additional information?

A: Here are some additional resources:

Check the NC Department of Emergency Management Web site at www.ncem.org for disaster preparedness information.

- American Red Cross, www.redcross.org.
- Federal Department of Homeland Security, www.ready.gov